Chapter 1: Change Your Brain, Change Your Life


Chapter 2: Striving Mindset

Perfectionism

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**All Or Nothing Thinking**


**Comparison**


**Chapter 3: The Feel Good Mindset**


**Self-Compassion**


**Power Middle**


**Gratitude**


**Chapter 6: Goal Flip**


**Chapter 7: Outlast**


Chapter 8: Optimize to Satisfice


Chapter 9: Decision Diet


